

Appl. No. 10042596  
Amdt. Date: 8/9/05  
Reply to Office action of: 3/21/05

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (currently amended) A barbell apparatus comprising: a pair of hand gripping bar portions separated by an axially aligned integral center linear bar portion; the portions arranged end-to-end thereby defining a longitudinal axis of the apparatus; each of the hand gripping bar portions providing an elongated frame defining a hand gripping window, and positioned integrally within each hand gripping window, plural spaced-apart and fixed linear cross bars oriented at an angle of 70 degrees fixed selected angles relative to the longitudinal axis, the cross bars within each of the hand gripping windows arranged as mirror images of the cross bars within the other of the hand gripping windows.
2. (cancelled)
3. (cancelled)
4. (cancelled)
5. (cancelled)
6. (cancelled)
7. (cancelled)
8. (cancelled)
9. (currently amended) The apparatus of claim 5-1 wherein the center linear bar portion engages a rotatable collar, the collar having an attachment means fixed thereto.
10. (previously amended) The apparatus of claim 9 wherein the attachment means is an eyelet.
11. (currently amended) The apparatus of claim 1 further comprising a pair of linear weight engagement bars axially aligned and engaged in lateral positions relative

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to the hand gripping ~~bars~~ bar portions.

12. (cancelled)
13. (cancelled)
14. (cancelled)
15. (original) The apparatus of claim 11 wherein the center linear bar portion engages a rotatable collar, the collar having an attachment means fixed thereto.
16. (original) The apparatus of claim 15 wherein the attachment means is an eyelet.
17. (cancelled)